



Training Exercises for Competitive Tennis

Lutz Steinhofel

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"Training Exercises for Competitive Tennis" provides the tennis coach with a detailed overview of up-to-date training exercises for competitive tennis.

A broad spectrum of over 150 exercise lessons with numerous variations are displayed in more than 70 diagrams, together with notes and commentary.

All the exercises are suited for any player as an individual training programme for any of these combinations.

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